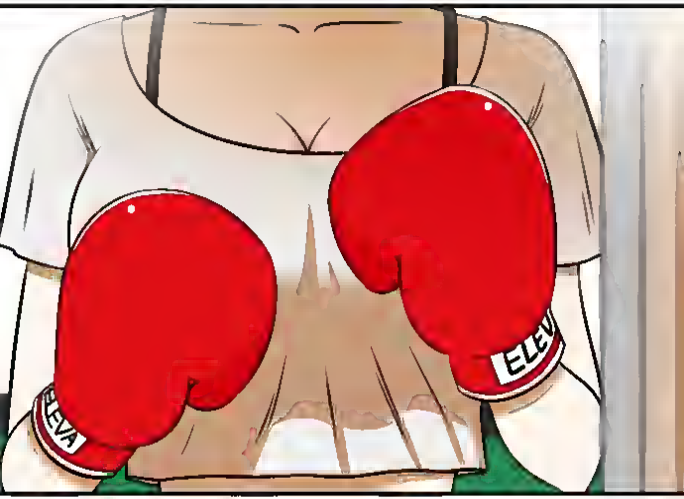
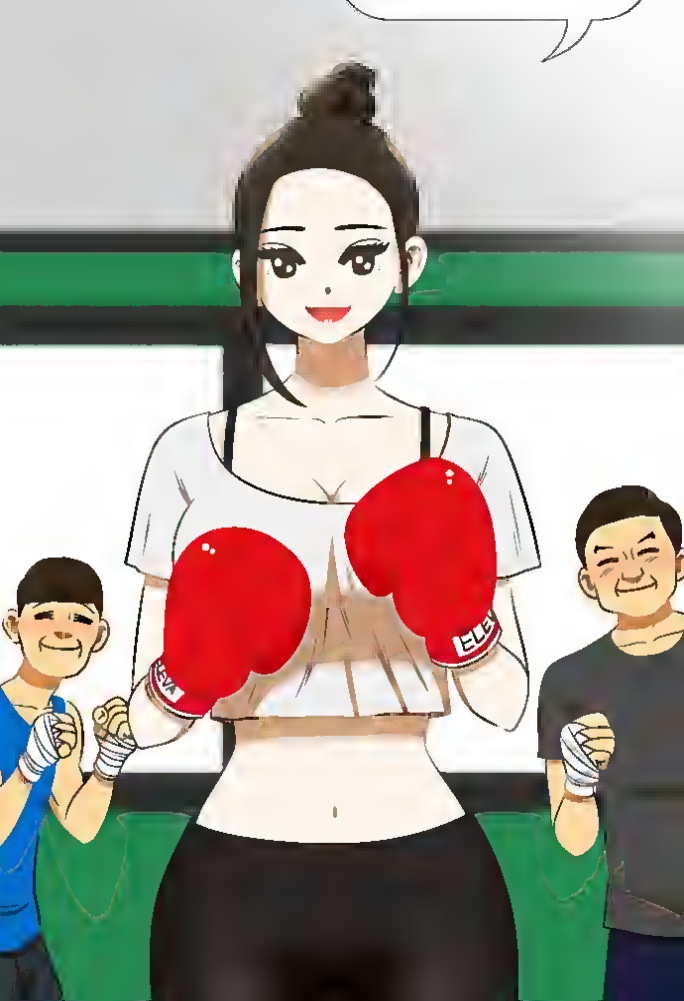
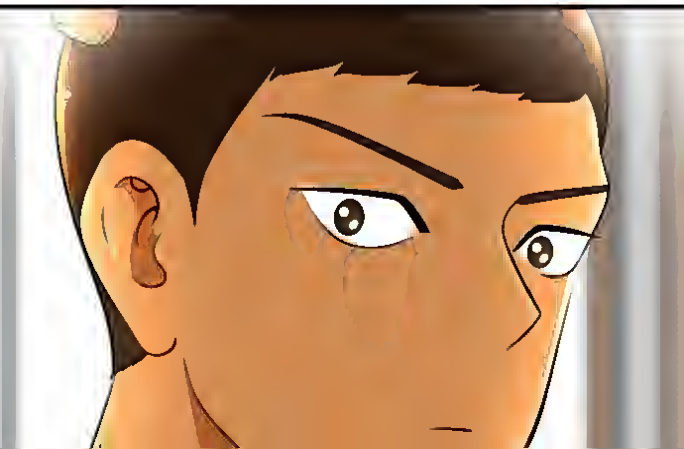
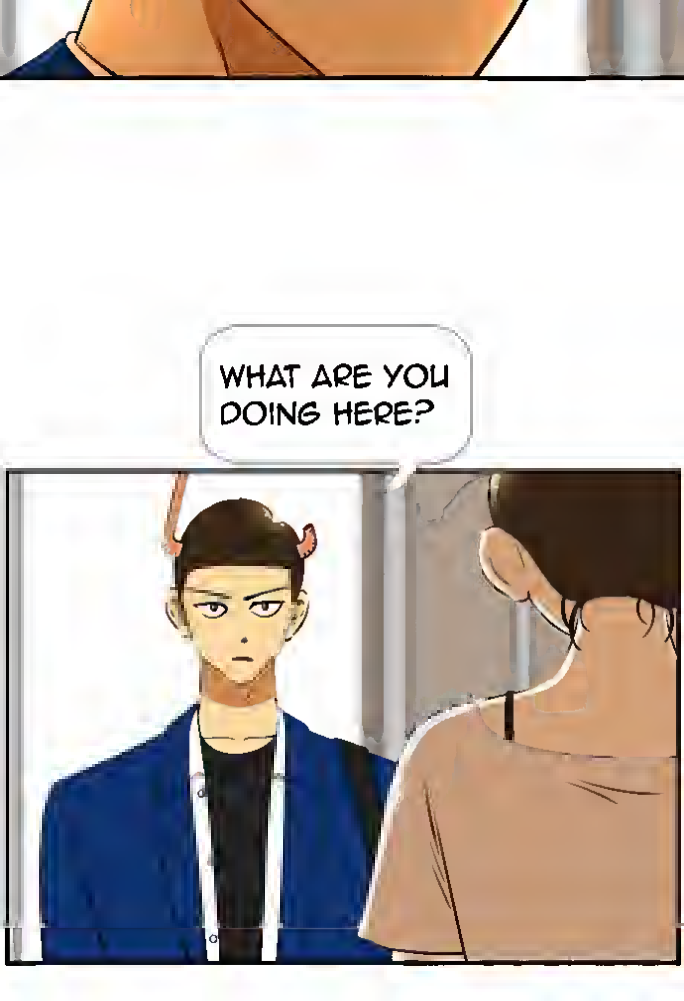
COACH,
CAN WE SPAR
TODAY?
HYUKJIN!

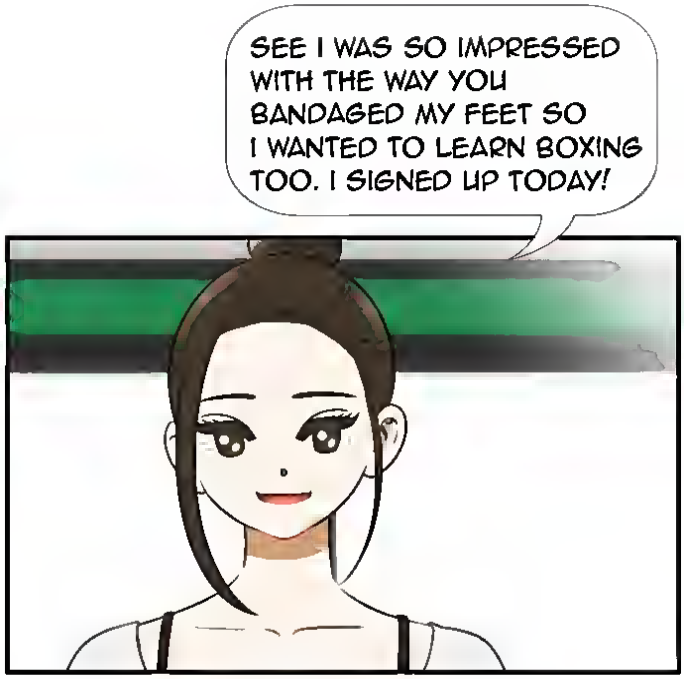


Hi~♥





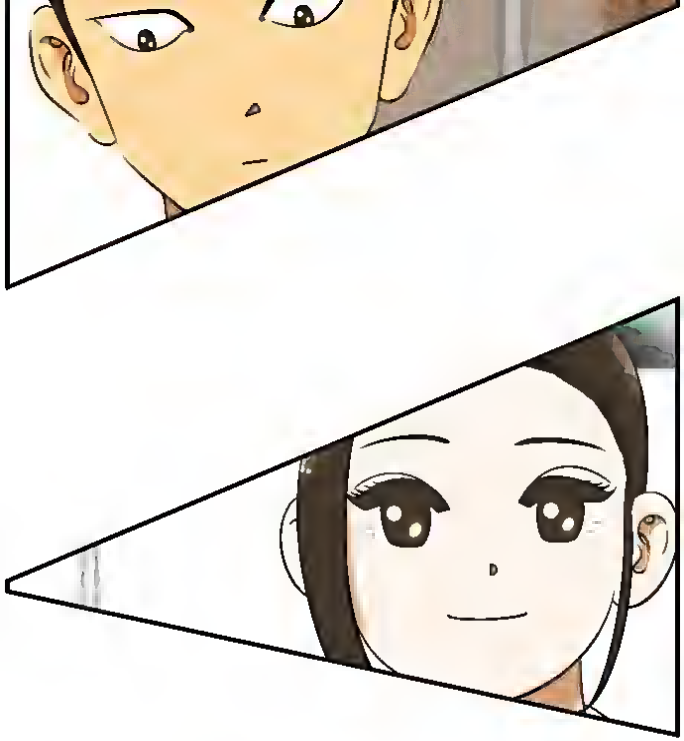

WHAT ARE YOU DOING HERE?

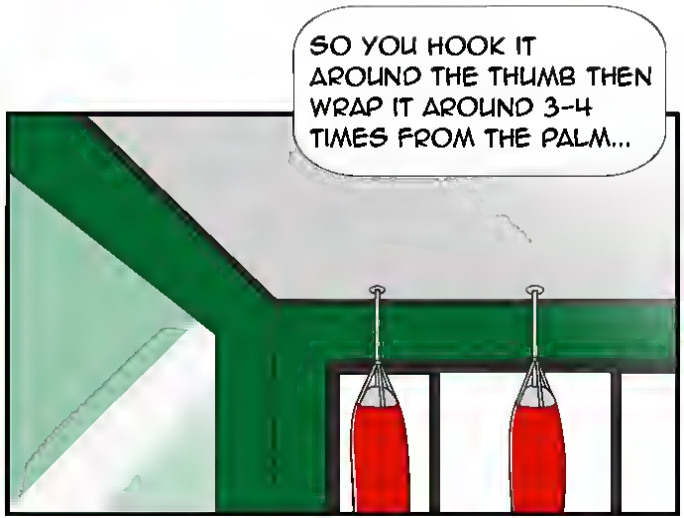


IF YOU WERE IMPRESSED WITH THAT,

HEY HYUKJIN, SHOW HER HOW TO TIE THEM AROUND HER HANDS.

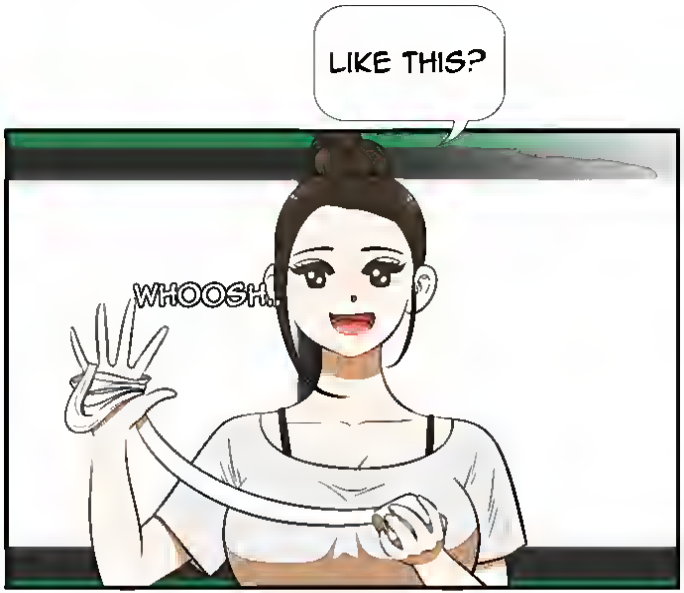
THUNK




SO YOU HOOK IT AROUND THE THUMB THEN WRAP IT AROUND 3-4 TIMES FROM THE PALM...

START WITH THE PINKIE THEN WORK YOUR WAY IN..
SIP-

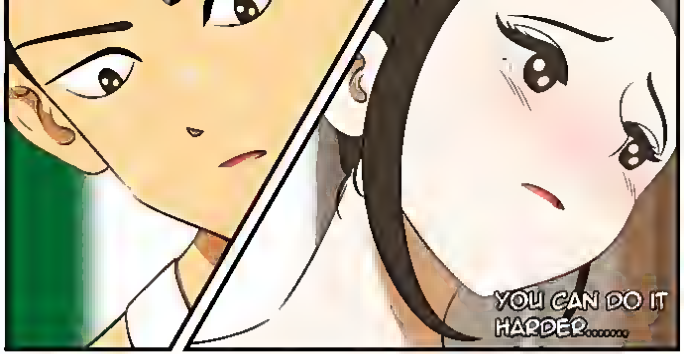
FROM THE PINKIE, FROM OUTSIDE TO IN..
SLING-



WHY WOULD YOU WRAP YOUR HAND IN THE FIRST PLACE IF YOU'RE GONNA DO IT THAT LOOSE..

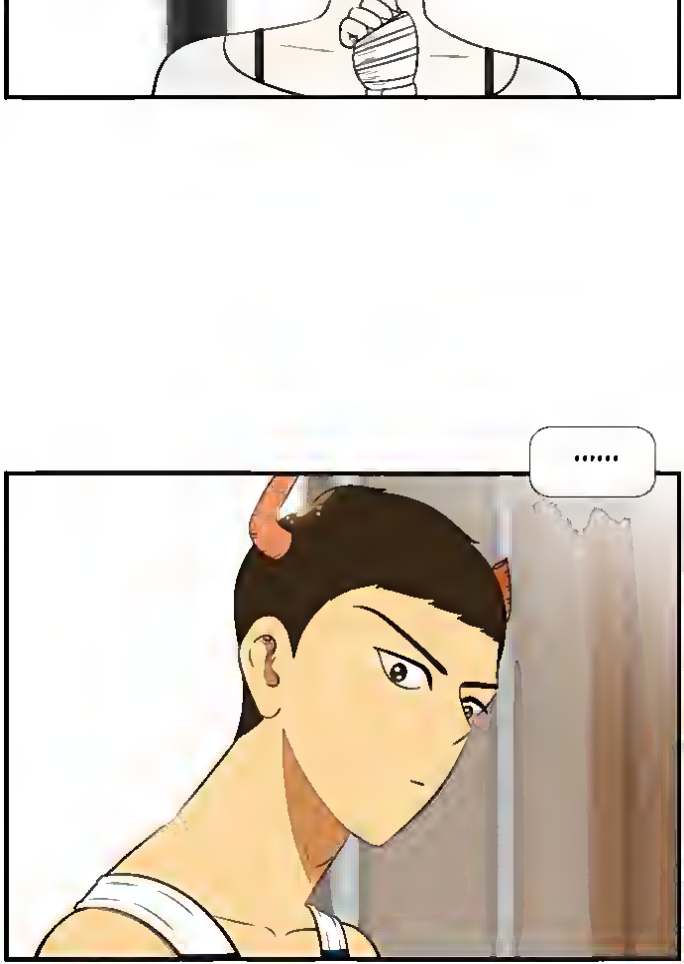
AHH!..
RIP-

EVEN IF IT HURTS, IT HAS TO BE TIGHT TO PROTECT YOUR HAND, SO JUST BEAR WITH ME.
OOK..


YOU CAN DO IT HARDER.....

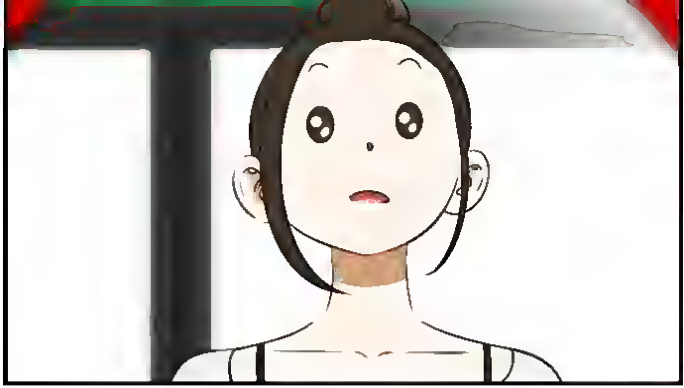
ALL DONE!
LOOKS AWESOME!

OK THEN START WITH THE JUMP ROPE.
I'VE ALWAYS WONDERED. WHY DO YOU NEED TO DO JUMP ROPE FOR BOXING?

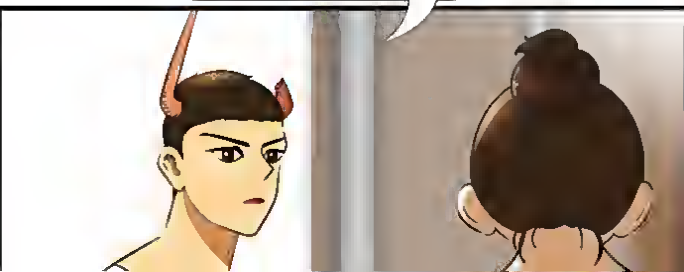


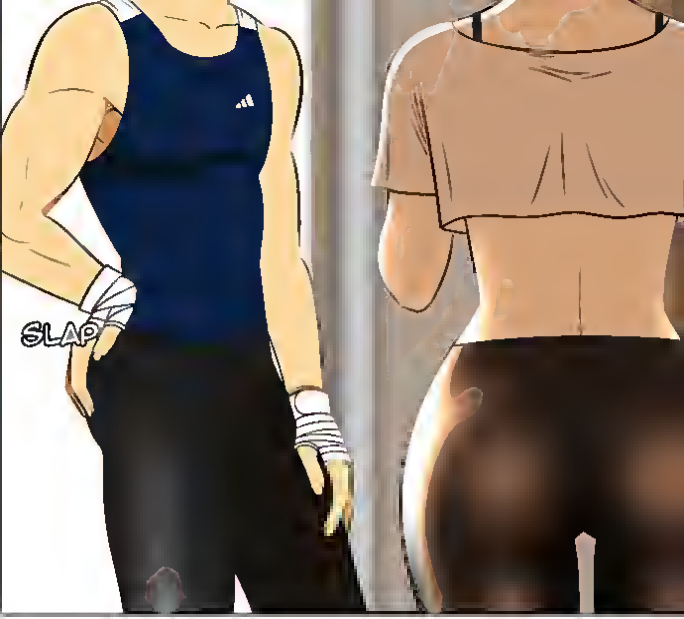
SEE, THIS IS WHAT IT LOOKS LIKE WHEN YOU HIT WITH YOUR ARM.
THWACK!

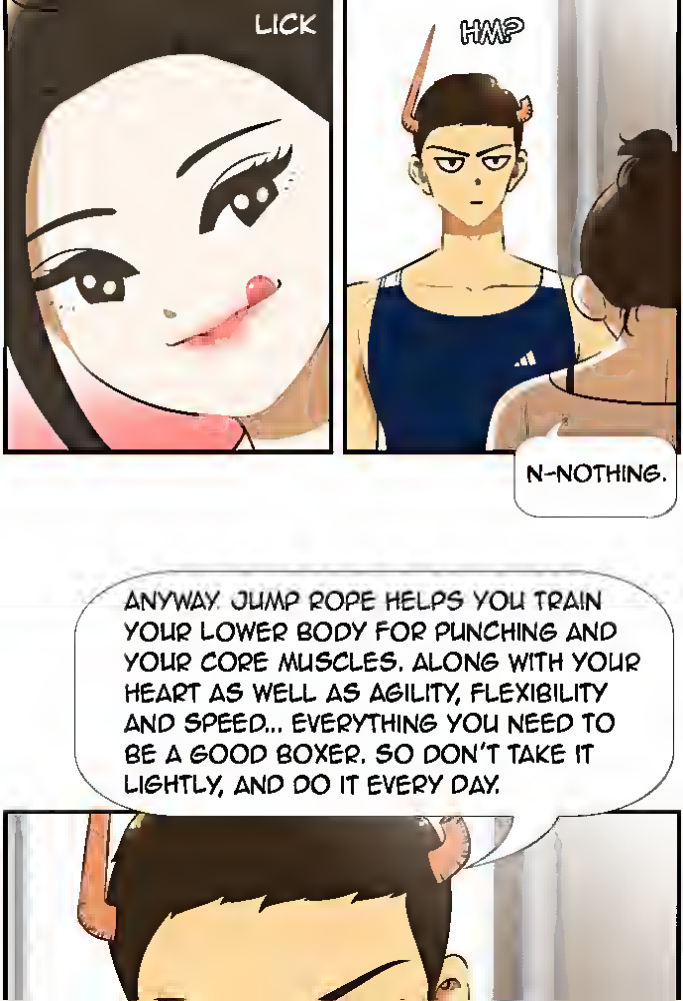
SMASH!!
THIS IS WITH THE HELP OF YOUR LOWER BODY, AND YOUR MID RIFF.
CREAK-
CREAK-

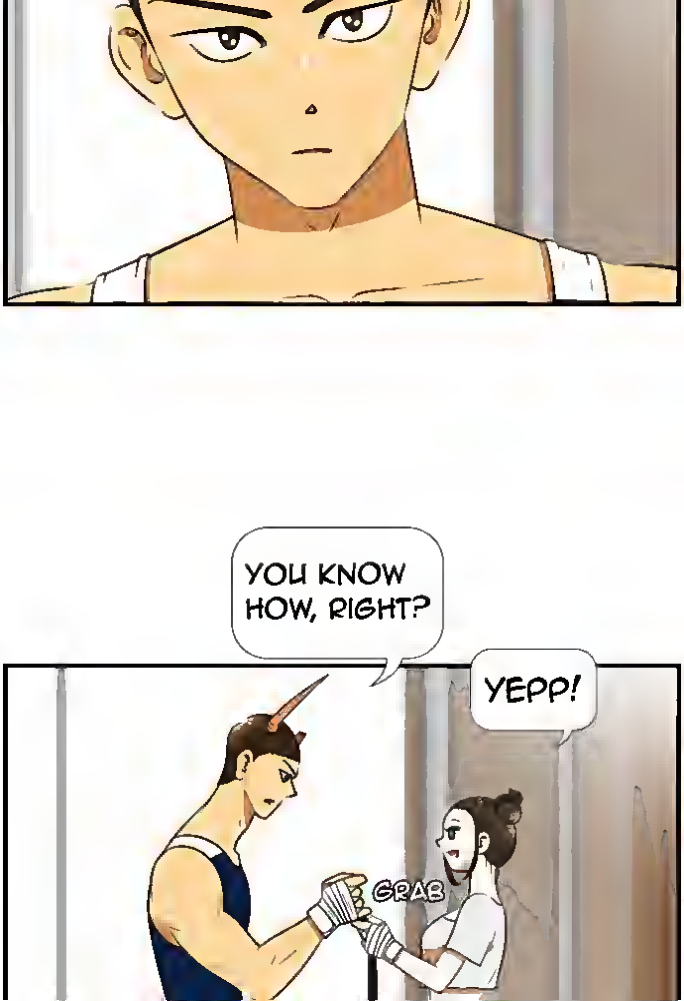


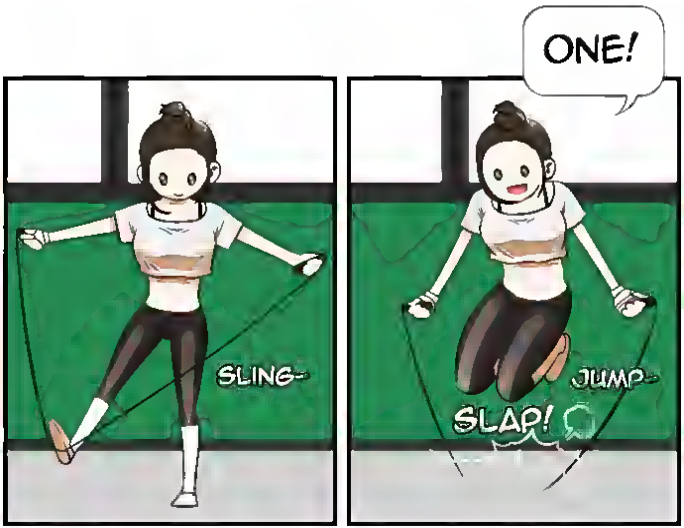
ULTIMATELY THE STRENGTH OF YOUR PUNCHES ARE DETERMINED BY YOUR CORE AND LOWER BODY.




SLAP


LICK
HM?
N-NOTHING.
ANYWAY. JUMP ROPE HELPS YOU TRAIN YOUR LOWER BODY FOR PUNCHING AND YOUR CORE MUSCLES. ALONG WITH YOUR HEART AS WELL AS AGILITY, FLEXIBILITY AND SPEED... EVERYTHING YOU NEED TO BE A GOOD BOXER. SO DON'T TAKE IT LIGHTLY, AND DO IT EVERY DAY.

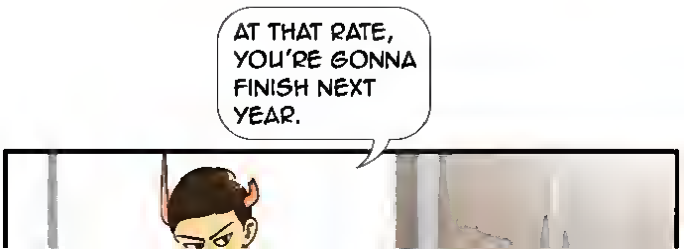

YOU KNOW HOW, RIGHT?
YEPP!
GRAB


ONE!
SLING-
JUMP-
SLAP!

SLING- JUMP- SLAP!

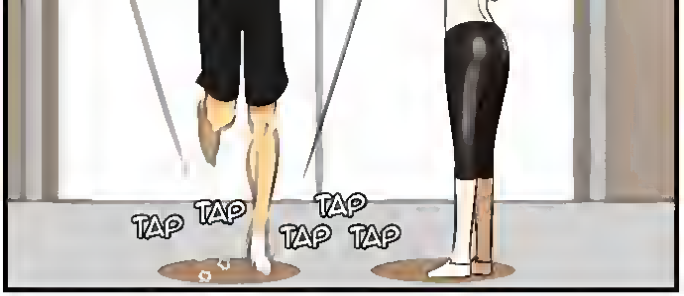
SLING- JUMP- SLAP!

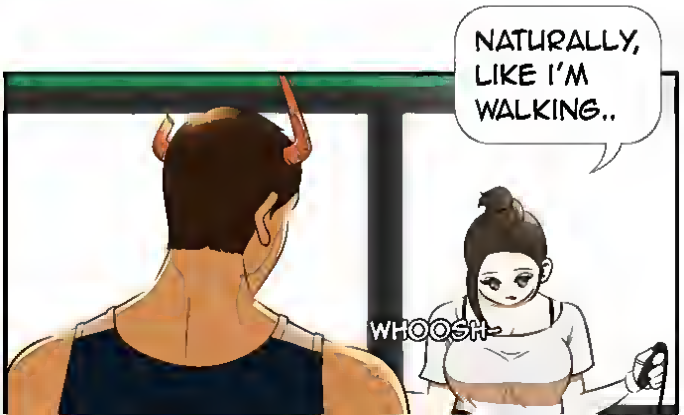
THREE!
FOUR!


AT THAT RATE, YOU'RE GONNA FINISH NEXT YEAR.

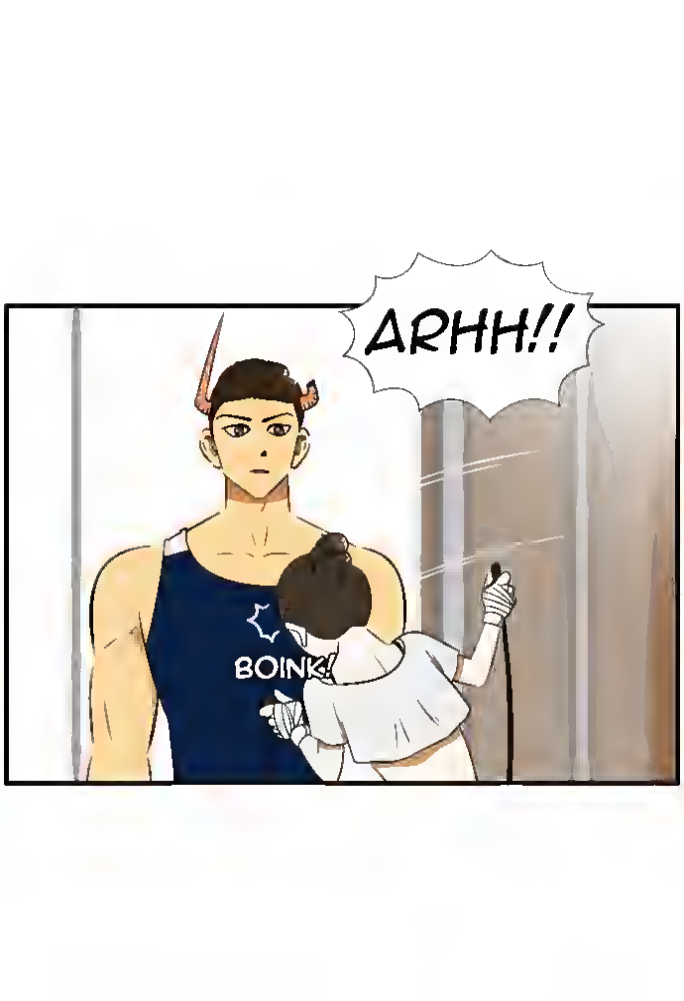
GRAB

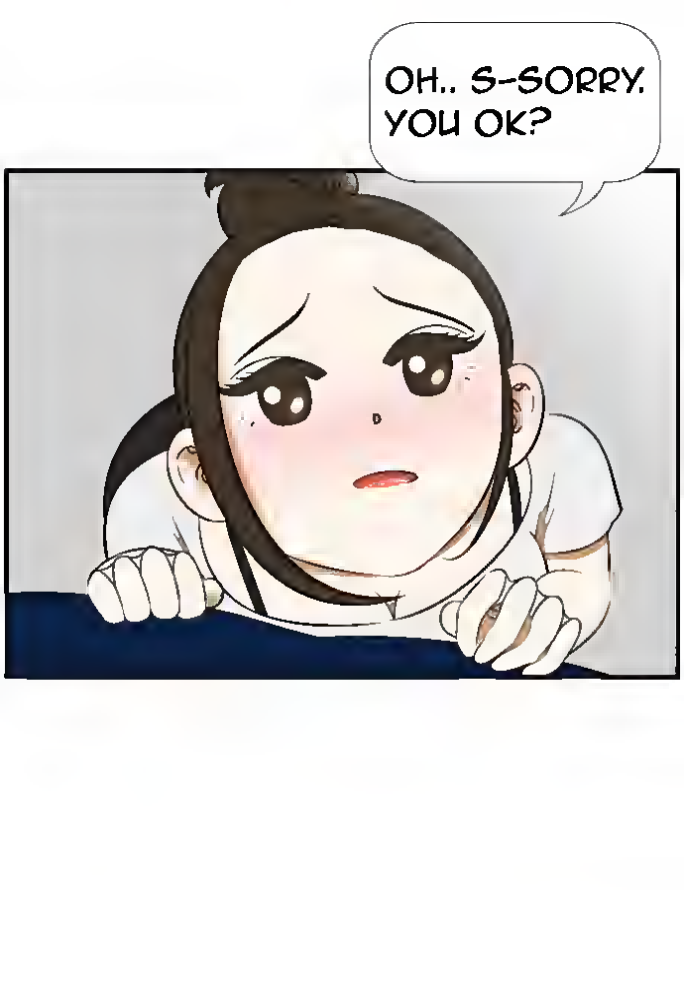
NATURALLY, LIKE YOU'RE WALKING.
WOW!♥

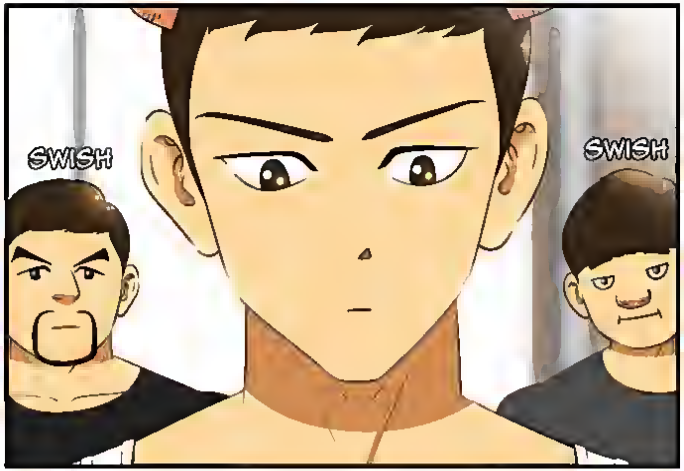

TAP TAP
TAP
TAP TAP


NATURALLY, LIKE I'M WALKING..
WHOOSH~

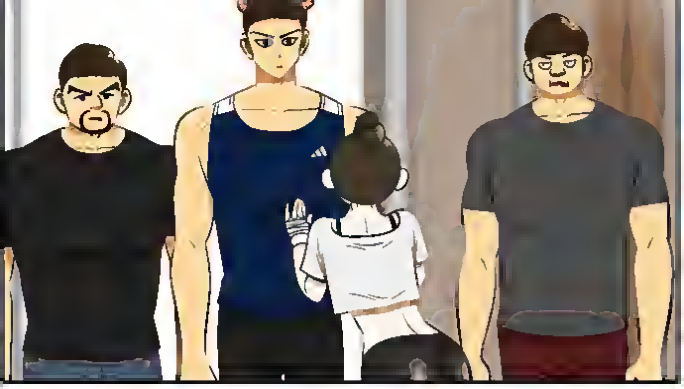
TRIP!

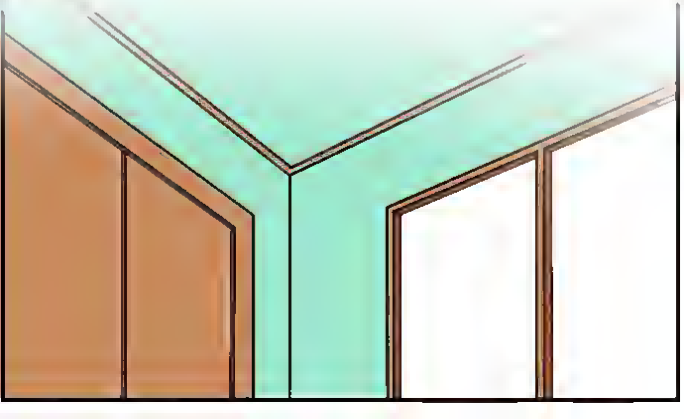

ARHH!!
BOINK!


OH.. S-SORRY.
YOU OK?

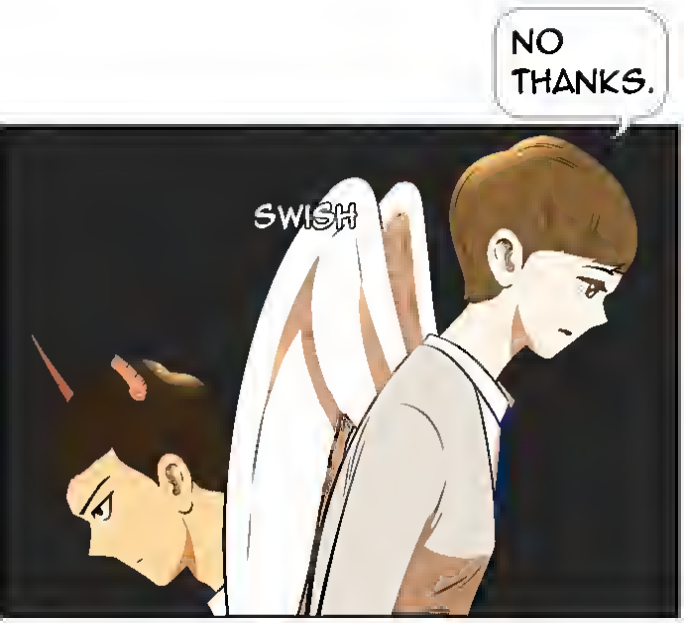

SWISH
SWISH

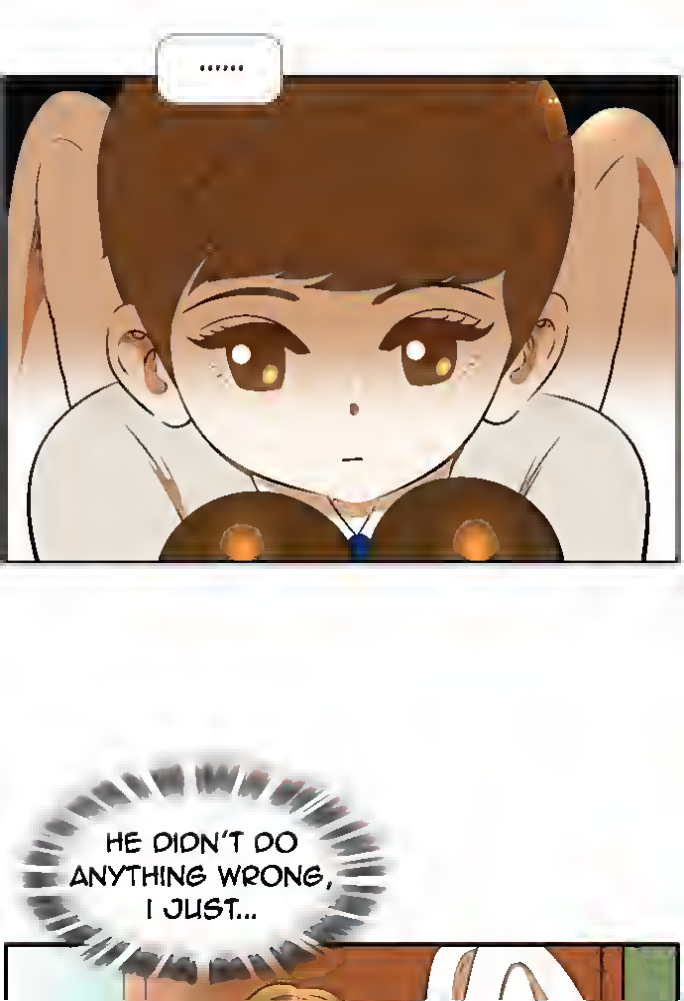
NOTHING AS IMPORTANT AS JUMP ROPE IN BOXING. I WILL TEACH YOU MYSELF.
YOU NEEDN'T BOTHER WITH SOMETHING THIS AMATEUR. I'LL DO IT, COACH.

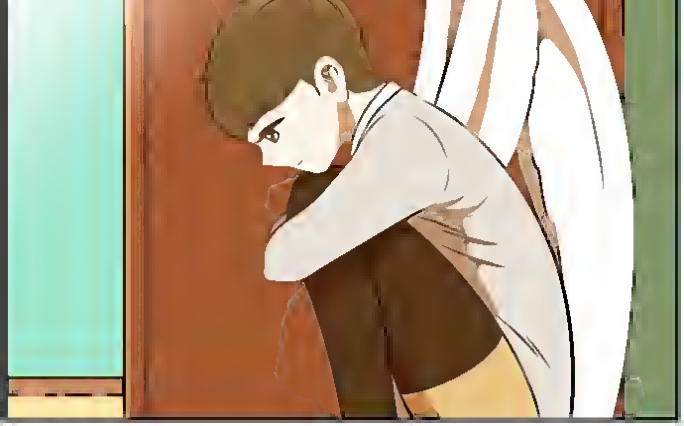


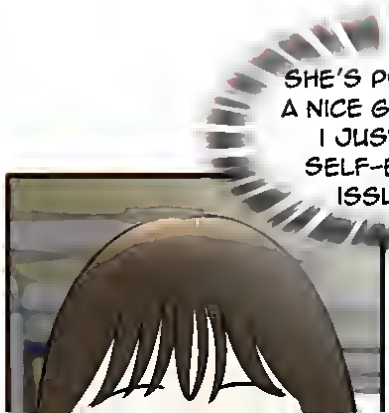


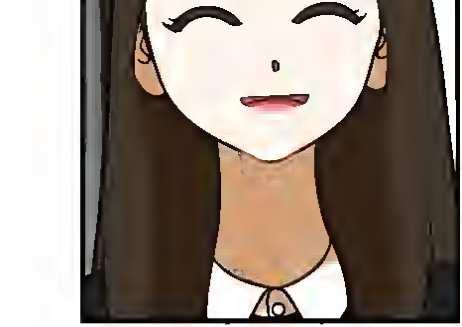
PLOP


NO THANKS.
SWISH

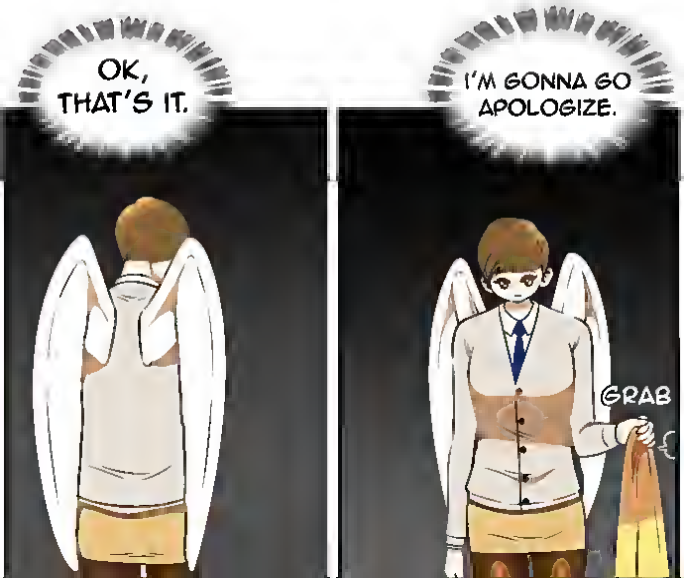

.....
HE DIDN'T DO ANYTHING WRONG, I JUST...



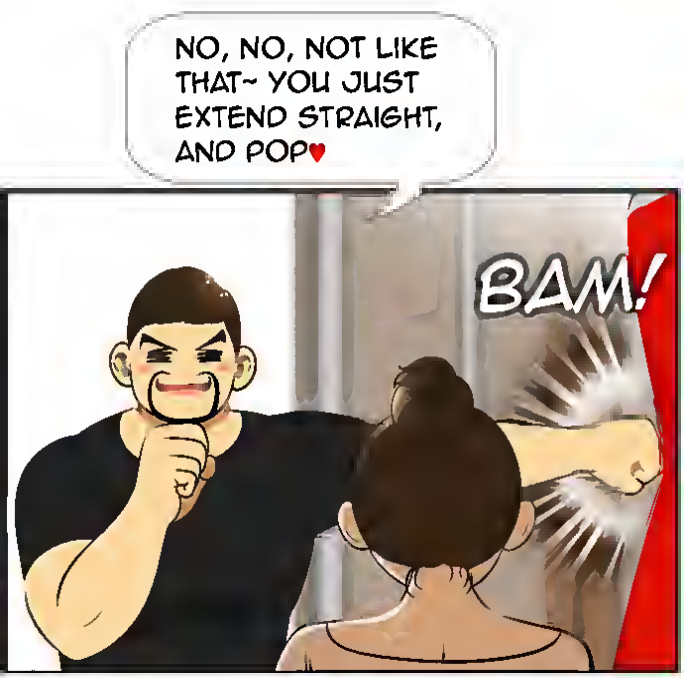

SHE'S PROBABLY A NICE GIRL, TOO, I JUST HAVE SELF-ESTEEM ISSUES...



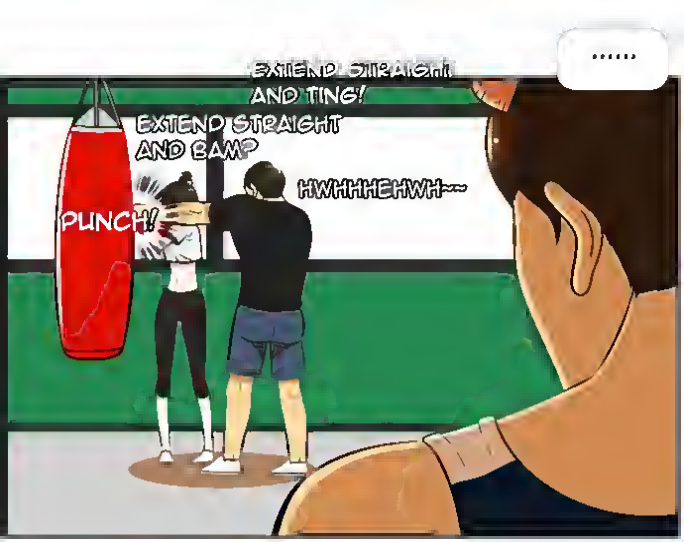
STUPID ME...

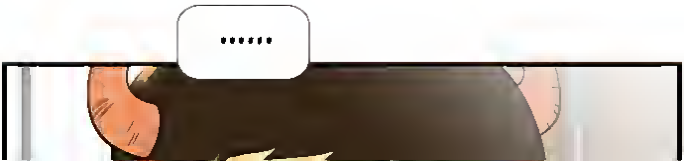

OK,
THAT'S IT.
I'M GONNA GO
APOLOGIZE.
GRAB

BLISS~~


NO, NO, NOT LIKE THAT~ YOU JUST EXTEND STRAIGHT, AND POP♥
BAM!

EXTEND STRAIGHT AND.. BAM?
PLOP
HEHEHEHHE~~ NOOO, NOO~~


.....
EXTEND STRAIGHT AND TING!
EXTEND STRAIGHT AND BAM!
HWHHHEHWH~~~
PUNCH!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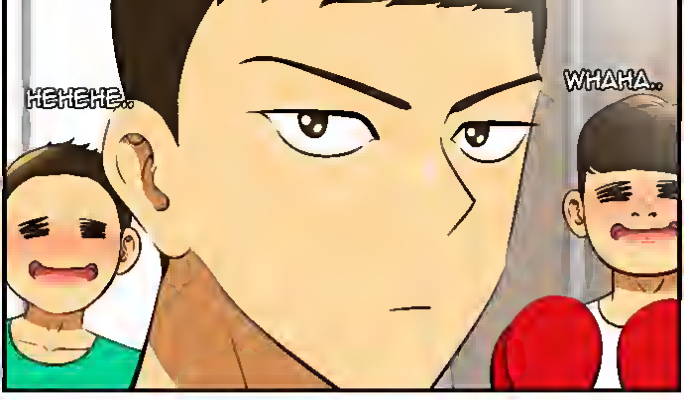
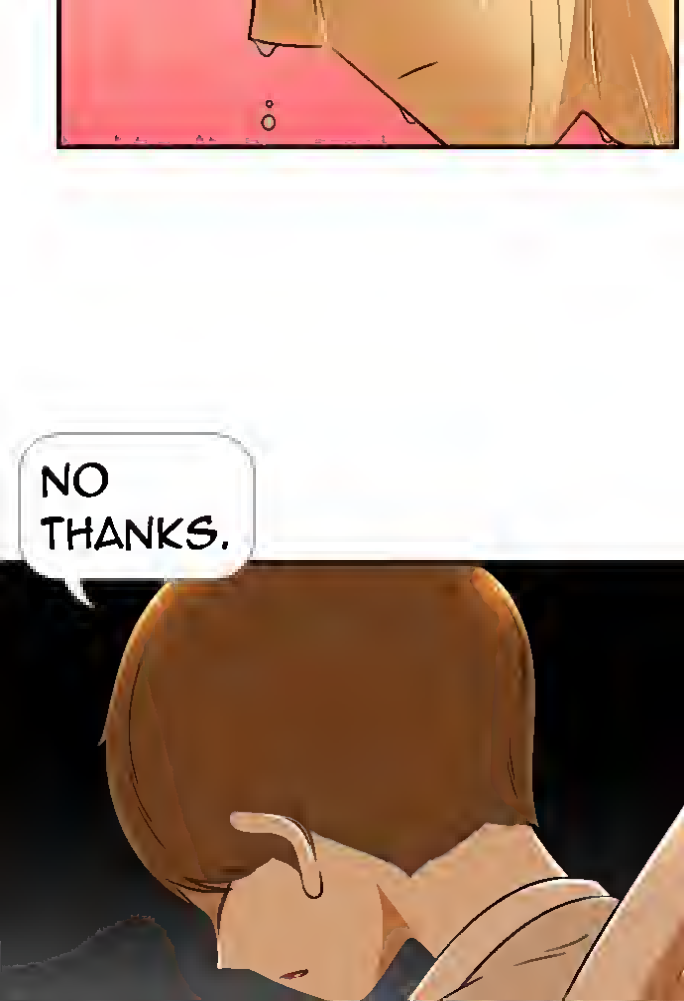

HEHEHE..
WHAHA..

GUUUSH

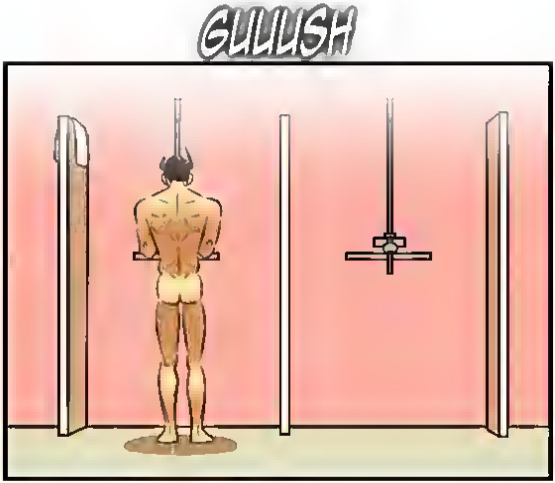
SWISH

GULLSH

GUUUSH

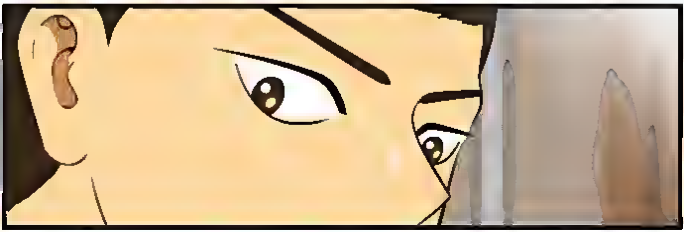

NO
THANKS.

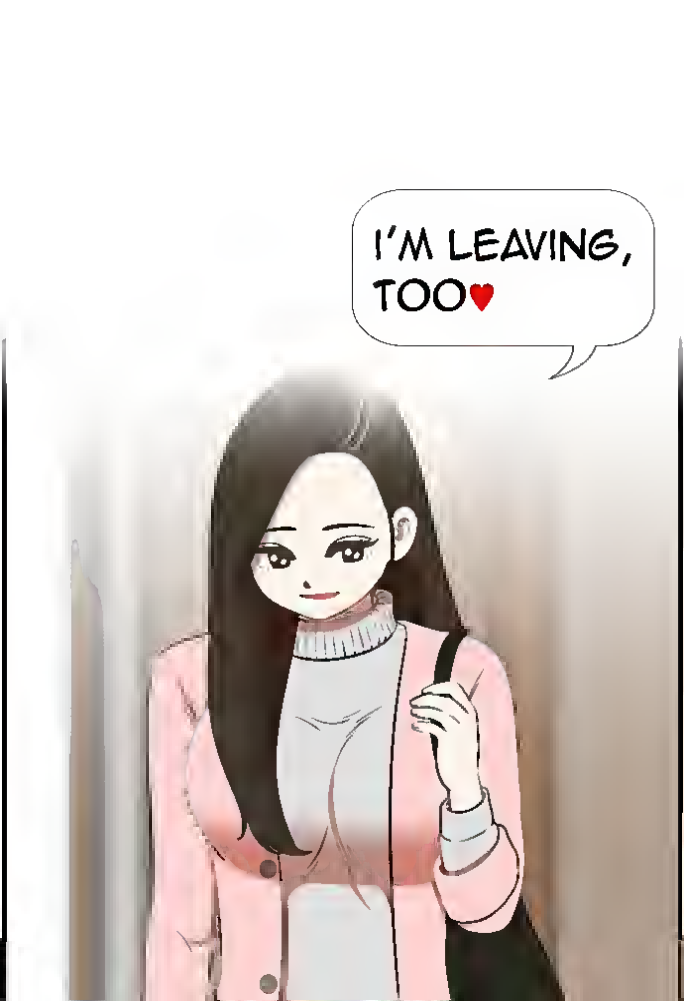
GUUUSH


GULUSH

COACH, I HAVE TO BE SOMEWHERE TODAY, SO I'M GONNA HEAD OUT EARLY.

HOWERS
HYUKJIN!



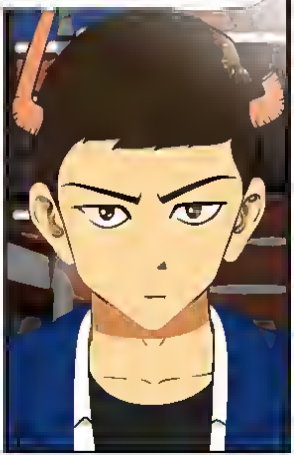

I'M LEAVING, TOO♥

WOW, I LIVE THIS WAY, TOO! SEEMS WE'RE NEIGHBORS.

HOW AWESOME~ WE CAN GO TOGETHER AFTER BOXING EVERYDAY!
SORRY, BUT I-
THE WORLD IS SO SCARY THESE DAYS, YOU KNOW?

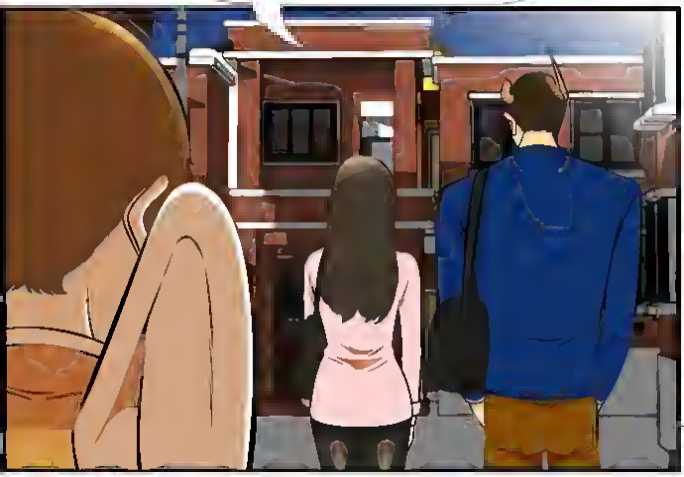
NOT SO LONG AGO I WAS COMING HOME ALONE, AND THIS SCARY LOOKING MAN KEPT FOLLOWING ME.

I PRETENDED TO BE ON THE PHONE AND WALKED INTO A NEARBY CONVENIENCE STORE. THEN WHEN I CHECKED TO SEE IF HE WAS STILL AROUND, THERE HE WAS! SO SCARY!



I GOT FREAKED OUT AND

ASKED MOM TO COME GET ME. ABOUT 5 MINS LATER WHEN I CHECKED AGAIN, HE WAS GONE, BUT I WAS SO SUPER SCARED... BUT I WON'T WORRY NOW SINCE YOU'RE HERE!



New Normal :class 8

TO BE CONTINUED